

## **The Ascent of Mount Carmel**

To reach satisfaction in all  
desire its possession in nothing.

To come to the knowledge of all  
desire the knowledge of nothing.

To come to possess all  
desire the possession of nothing.

To arrive at being all  
desire to be nothing.

To come to the pleasure which you have not  
you must go by a way in which you enjoy not.

To come to the knowledge which you have not  
you must go by a way in which you know not.

To come to the possession you have not  
you must go by a way in which you possess not.

To come to be what you are not  
you must go by a way in which you are not.

When you turn toward something  
you cease to cast yourself upon the all.

For to go from the all to the all  
you must leave yourself in all.

And when you come to the possession of the all  
you must possess it without wanting anything.

In this nakedness the spirit finds  
its quietude and rest.

For in coveting nothing,  
nothing raises it up  
and nothing weighs it down,  
because it is the center of its humility.

~ St. John of the Cross ~

(verses taken from the drawing by the same name)